



Field Umpires Round 14

T1

T1 v2.0 Warm Up

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1x Bounce into Backward 10m into 30m stride x 3 w Slow Walk Back Recovery

Full T1	Mod T1	Thur Game	T1 Combo
<u>800m OT6' x1</u> <u>600m OT5' x2</u> <u>400m OT4' x3</u> <u>200m OT2' x4</u>	<u>800m OT6' x1</u> <u>600m OT5' x1</u> <u>400m OT4' x2</u> <u>200m OT2' x4</u>	<u>6-8 x15"</u> Run OT45" x2 sets w 3' b/w + 1x 400m @ <u>RPE 5</u> 4x 1' Game Run: 1' Rest Reps @ <u>RPE 5</u>	<u>600m OT5' x2</u> <u>400m OT4' x2</u> <u>200m OT2' x2</u> <u>6-8 x 15"</u> Run OT 45" x 1 set

T2

T2 v2.0 Warm Up

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1x Bounce into Lateral 5m Out n Back to 20m Acceleration x2e/s w Slow Walk Back Recovery

Full T2	Mod T2	Fri Game	T2 Combo
<u>6-8 x15"</u> Run OT45" x2 sets w 3' b/w + 1x 400m @ <u>RPE 5</u> 4x 1' Game Run: 1' Rest Reps @ <u>RPE 5</u>	<u>6-8 x15"</u> Run OT45" x2 sets w 3' b/w + 3x 1' Game Run: 1' Rest Reps @ <u>RPE 5</u>	<u>PRE-GAME ACTIVATION</u>	<u>600m OT5' x2</u> <u>400m OT4' x2</u> <u>200m OT2' x2</u> <u>6-8 x 15"</u> Run OT 45" x 1 set

T3

General Warm Up

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OPTION 1	OPTION 2	OPTION 3	OPTION 4
AFL GAME	STATE GAME	<u>Mona Fartlek</u> <u>x3 Set Only</u> 3-5' rest b/w sets	<u>No Game Session 3</u> <u>'Mixed Method ¼'</u> <u>x3 Set Only</u>

Skills coaches to collaborate with state HPM to arrange sessions based off this template

